



The COMPASSIONATE FRIENDS

Northern Lake County Illinois Chapter

July 2020 Newsletter



A self-help organization offering friendship and understanding to bereaved parents



Chapter Leaders Notes from Toni & Susan

Next Zoom meeting is Thursday July 16, 2020. Meeting will open at 7:00 pm for all to join. The meeting is 7:30 - 8:45. Susan Banks will email the Zoom meeting link and password on Wednesday July 15, 2020.

Toni & Susan

There is no right or wrong way to grieve. We can grieve in the arms of others. We can grieve in solitude.

We can grieve through tears, laughter, meditation, movement, or prayer. The only rule is that we hold our hearts with the utmost care and allow ourselves the room to feel and the space to heal with no timelines or expectations.

LIZ ARCH
THE COURAGE TO RISE

Do It Your Way

I think it's only fair to tell you. There is no bereaved parent of the month award nor an award for the one with stiffest upper lip, in fact, what you will find if you try to be the most stoic, brave and strong, the one doing too well, is instead of reward, you suffer the consequences.

It is not possible to lose someone as vital as one's child and not have the pain of deep grief. You will find a great many non-bereaved people will encourage you to play the old, "if-you'll-pretend you are-okay-and-it's-not-really-so-bad-we'll-let-you come-play-with-us—but-if-you're-going-to-cry-and talk- about-your-dead-child—then-you-can't-play" game.

This is one time in your life you don't have to meet anybody else's standards. There is nothing more unique about you than the way you express your grief and you have that right, however it is manifested. A great deal of how you go about it is determined by how you have handled previous problems.

So if someone tries to influence you to play the old game by rewarding you with attention because you're doing so well. Tell them you're not doing well, that your child has died and you're hurting.

Let them know it doesn't help you for them to pretend everything is okay. Do whatever it is you need to do to survive this trauma and don't worry about whether it pleases or displeases other people.....DO IT YOUR WAY!!

Mary Clerckley
TCF Atlanta, GA

I KNOW WHERE YOU ARE

By Debbie Trepanier
Springfield IL BP/USA Chapter

**3 years ago you left this earth
but I know where you are.**

**You are in my heart, in my breath.
You are in every part of my day.**

You are in my dreams and my thoughts.

**I know one day I will see you again
and, oh! what a day that will be.**

**We can laugh with each other again,
and cry with each other again.**

**I may have to suffer many years
before that glorious day.**

But, for now, it gives me hope.

For now

I know where you are.

(Our Children, Grandchildren, and Siblings Loved,
Missed and Remembered in July & August continued
from page 3)

Jammi Shonlei Hui

August 5

Daughter of William & Joyce Hui

Pressley Suzanne McHugh

August 5

Daughter of Shawn & Kari McHugh

Sandra Elena Varela

August 5

Daughter of Sandra Prez

David Spannraft

August 12

Son of Elizabeth & Dan Spannraf

Danielle Trevithick

August 12

Granddaughter of Tony Trevithick

Barry J Grazier

August 13

Son of Robert & Mary Ann Grazier

Nathan Clyde

August 17

Son of Valerie Clyde

Sister of Michaela Clyde

Raphael E Vidal

August 20

Son of Raphael & Mirtha Vidal

Kevin Pomianek

August 21

Son of Brenda & Eugene Pomianek

David Sloop

August 21

on of Charron Sloop

Ryan James Nichols

August 22

Son of Jackie & Jim Nichols

James (Jim) Grazier

August 24

Son of Mary Ann & Robert Grazier

Michael Lee Brandon Hamilton Frederick

August 25

Son of Jan Frederick

Grandson of Sharon Frederick

James McClintock

August 28

Son of Charles & Louise Knoll

Brandon Reif

August 30

Son of Marcy Reif

Justin Cody Ortega

August 31

Son of Susie Meggs

Please let me know if I have omitted a child, misspelled a name or have published an incorrect date. I know how important it is to bereaved families to have their children remembered. vszech@comcast.net

VACATION

In the Summer Sun

By Susan Pressler
Western NY BP/USA
Chapter



How many of us remember this early '60's song by Connie Francis? Thinking of summer, this song just popped into my head. Some of us are now enjoying vacations in the summer sun— we have lived in the past and sadness a very long time and have come to realize that life does go on. We understand that our child would want nothing other than our continued happiness and appreciation of every new day.

Thinking of vacations early after the death of our child is, we believe almost blasphemous. How can we possibly even think about seeking fun in the sun? We feel we are destined forever to stay home, mired in the muck of our grief and despondency.

Perhaps early on in your grief, forgetting the vacation may not be such a bad idea. There is a lot involved in vacation—from packing (we can't even decide what to wear today— how can we manage to pack for a week?) to the tiniest details. Our minds truly may not be capable of handling any or all of the plans. We are distracted and driving in unfamiliar towns could be unsafe. Traveling in perfect sanity is difficult. Let's not fool ourselves. It requires concentration of the kind we lack in our early grief. It may be better and safer for us to travel to our neighbors' houses and forget about going any further than a mile or two in our own neighborhoods.

(Continued on page 5)



**OUR CHILDREN, GRANDCHILDREN, AND SIBLINGS LOVED,
MISSED AND REMEMBERED IN JULY & AUGUST**

Each month we remember the children who are sadly missed. Please take a few moments, place them in your thoughts, and remember them on their day together with their parents. None of us ever forget our special days and messages that say "I care" help us to get through them. Our children's lives will go on, as long as we remember them and celebrate their lives.

BIRTHDAYS

Michael Stice	July 4	Son of Dora & Gary Stice
Renee' Rochelle Powell	July 7	Daughter of Terry & Jeanette Powell
Noel Endell Hernandez	July 13	Son of Colleen Ramos
Joshua William Bowman	July 18	Son of Robin Bray Nephew of Kimberlee Christensen
Brian Scott Ludlow	July 19	Son of Ronald & Karen Zaylik
Robert William Corbett	July 20	Son of Mary Ellen & Robert Corbett
Taylor Albert Rydahl	July 22	Son of Carol Ann & Keith Rydahl
Elizabeth (Liz) Wilding	July 27	Daughter of Gigi Wilding
Darien Wilson	July 27	Son of Tammy and Tim Olvera
Lindsay Wilczynski	August 3	Daughter of Christine Prado
Jose Barrera	August 6	Son of Lorena Alcala & Orsy Barrera
Andrew Perkins	August 12	Son of Richard & Thelma Perkins
Andrew Muno	August 18	Son of Darlene & Bart Muno
Blake Logan Palmer	August 21	Son of Amber & Brian Palmer Grandson of Lois Cooper Grandson of Gina Palmer
Kelsey Heaps	August 22	Son of Dawn Heaps Brother of Steven Heaps
Ashley Seay	August 25	Daughter of Mike and Shannon Seay Granddaughter of Dennis & Georgene Manley
Josh Summers	August 27	Son of Tina Carlson Grandson of Larry & Cheryl Armstrong
Roman Gabriel Cano	August 28	Son of Simona & Daniel Rhodes
Nicole Parfitt	August 30	Daughter of Robin Parfitt

ANNIVERSARIES

Justin Perez	July 4	Son of Traci & Carlos Perez Brother of Samantha (Perez) Przybylski
Anna Smith Miller	July 6	Daughter of Carol Smith
Gabriel Murphy Jr	July 7	Son of Arvine Murphy
Elizabeth (Liz) Wilding	July 14	Daughter of Gigi Wilding
Amy Jo Baldwin	July 17	Daughter of Mike & Sheila Baldwin
Eduardo Chavez-Nuño	July 23	Son of Maria Del Carmen Nuño
Qua'Shawn Wade	July 24	Son of June Andrejewski
Sage Cue	July 26	Daughter of Ben & Jennifer Peterson-Cue
John Thumel	July 26	Son of Laura & Mike Thumel
Tony Trevithick Jr	July 26	Son of Tony Trevithick
Lindsay Wilczynski	August 1	Daughter of Christine Prado
Adam Rubin	August 1	Son of Linda Rubin Brother of Nicole Rubin
Tony Trejo	August 1	Son of Marina Williamson Brother of Victor Trejo
Brian Keough	August 2	Son of Kathleen Keough

(Continued on page 2)



We successfully completed our first Adopt a Highway clean-up. This past Saturday June 27, 2020. We met at the Walmart parking lot to organize and begin the 2 mile walk up one side of Deeplake Road and 2 miles back on the other side, picking up trash and

recyclable items.

We went through 2 rolls of huge orange trash bags, so about 20 bags and about 10 blue recycle trash bags. Overall a very successful day for our group.

We will schedule our next Adopt A Highway clean-up for Fall 2020. The date and a



rain date will be announced soon.

Thank you to all who were available to join. We thought of everyone as we represented our group of Compassionate Friends. Remembering that we need not walk alone, we are the compassionate friends.



Fireworks Are Like the Love In Our Hearts

July brings Central Oregonians lingering blue skies, lazy afternoons and the Fourth of July celebration, complete with the grand fireworks finale bolting from the top of Pilot Butte. This was one of my son's favorite holidays. When he was six I asked him why fireworks were so special to him. He said, "The lights explode in the dark and make the whole sky light up!" That was obvious. I said, "Hum?" He gave me one of his "Oh mom" looks, and then went on to say "The fireworks are like the love in our hearts, we should always try to

spread our love out to others". I knew then and I still am aware today that profound wisdom comes from the lips of our children. From the summer on, in my mind, fireworks have been a triumphant testament of love's enduring power and wonder. I miss my son, Joshua terribly. I comfort myself knowing that his wisdom and kindness were precious gifts in my life.

Wherever you are on the Fourth of July, I hope that the splendor of sparkling fireworks might comfort as you acknowledge that the love you hold dear for your child is the light that is

able to shine through you. We all have known grief well, yet as compassionate friends we need not walk alone in the darkness. We can lighten the path for others.

Grief can cripple and destroy us, but as we gather to share each other's burden, we are able to gain strength. Love for our children is our common flame; sharing and caring keep the flames afire. I look forward to our next meeting and the opportunity to hug and listen to my comrades.

~lovingly lifted from TCF Salem, OR Newsletter
 ~written by Jane Oja, TCF, Central Oregon Chapter
<http://www.tcfatlanta.org/patriotic.html>

(Vacation continued from page 2)

Try going to a local park. Bring a comfy lounge chair, sunglasses, a book or music, something cool to drink and some fruit. Go alone—try to get someone to watch your children, if necessary. Kick off your shoes and let the grass wiggle up between your toes (remember what that feels like?) Let yourself relax and drift off into your own reveries.

If we must vacation, it does not mean that we love our children any less. We will not betray our love for them by enjoying a few days away from home. Expect to be sad occasionally—it goes with us, wherever we travel but so does the love.

You need not feel guilty (although you probably will) that you are having fun when your child is not with you. Try to welcome the distractions of being away from home. Try to see everything through your child's eyes—with excitement and anticipation. Try to have the fun they would have, even for a short time. And remember, your child lives in glory. Let him/her share their glory with you in the form of peaceful moments, happy memories and delightful days in the summer sun.

Borrowed from Bereaved Parents of the USA



TAKE YOUR TIME

Therese Goodrich
BP/USA

The one phrase we hear more than any other is: "It'll take time for you to get over your child's death." We

know that this is spoken with care and love. But little do we know at the beginning of our grief just what Time means: The first time, the day time, the night time, the last time, —all of these times. The one thing we can say is: "Take it." Take all the time you need. Grief is hard work. We need to take the time for all aspects of grief, and really work through it.

TAKE THE TIME to feel. It's hard, but it's worth it. We can't just push those feelings aside. They are part of who we are, how we've managed and the life we've had. All of our experiences combine to affect our feelings.

TAKE THE TIME to talk. Talk to anyone who seems to care about you. Ask your friends and families if they will take the time to listen. If you need a telephone listener, call one of the Chapter listeners. We have time to listen. **TAKE THE TIME** to read. When you read the experiences of others, you will realize that you are not alone. Maybe a special book will help you understand what is happening to you during this time we call

Bereavement. Take the time to read and re-read the paragraphs or chapters that help.

TAKE THE TIME to physically take care of yourself. If you like to walk, jog or run, go out and use that time to help you feel better. Get enough rest. Take the time to sleep late some days or go to bed earlier if you need to. Sleeping may be an escape but, if it helps you, take the time for a few extra hours. Take care of yourself by eating better. Try to understand that food gives you energy and that food helps to satisfy unmet needs. Food is always better for you than drugs or alcohol and a small weight gain or loss is not unusual. Take the time to understand what is happening to your body.

TAKE THE TIME to be angry or guilty without letting these feelings ruin your life. You may think that your life is ruined anyhow and who cares? But anger and guilt turned inward can destroy your self-esteem faster than anything. Take the time to sort through these feelings and acknowledge them. Then let them go.

Know that, when someone says, "It'll take time," we can nod and try to accept that as a part of our getting through these days, months and years.

Remember that someday you will **TAKE THE TIME** to help someone else and that time will be the most satisfying time of all.

May I Grieve?

In the daytime I walk and work, and all;
But at home in the evening, I stumble and fall.
The office says, "Function, smile, get control,"
But at home I can grieve to cleanse my soul.
Must I be two people for the rest of my life?
Can I make it through pain and struggle and strife?
If I could be just one person for more than one day,
My freedom to grieve would help light the way.
But society tells me not to be sad.
They tell me, "She's at peace now, and you should be glad."

When grieving the loss of a child is perceived,
How much easier it is for we the bereaved.

Susanne DeMars

TCF Miami, FL



“MEMORIES OF OUR CHILDREN”

The memories of our children are something beautiful that will endure in our minds, thoughts and hearts forever, beyond us --- into eternity. For, it is in eternity that our memories will re-join and re-unite into the reality of their presence with us. But here, on earth their memories are all we have left of them and as we remember them, we “feed” on their memories. Sometimes we may experience a “famine” where their memories may become vague and illusive as we try to re-capture them before they disappear altogether. Other times, we may experience a “feast”, where we can find nourishment for our souls, enrichment for our minds, and inspiration to continue our journey.

~ Their memories are the fountain in which we refresh ourselves, creating within us a restfulness of their presence that is constant, always with us.

So, in a dry and thirsty land when my soul seems parched and longs for my child, I wish for the fountain of memories to flow once again into my mind.

~ Their memories are the fire with which we warm ourselves, the blanket with which we wrap ourselves in the comfort of their warmth.

When I feel alone, cut-off, and cold from the bitter harshness of separation from my child, I wish for the fire of his memories to warm my soul and the blanket of his memories to comfort my cold, lonely heart.

~ Their memories are the mountains, looming large and immovable, in which we find strength and security.

When I feel weak and feeble from the heavy load of my grief that I have carried for so long, I wish for the mountain of his memories to strengthen and help me to continue on.

~ Their memories are the great giant trees with which we find the coolness and the comfort that sometimes only their memories can bring.

When the pain of missing my child overwhelms me once again, I seek the cool shelter from our “family tree” of his memories to give me a respite from the burning heat of my grief.

~ Their memories are the portrait with which we paint their lives and ours, past, present, and future.

When I feel like life no longer has any meaning or purpose since my child died, I wish for the portrait of his memories to give me vision and to inspire me to mix the colors of my pain and grief that will include the legacy of my child's life and also help to bring vision and purpose to others.

~ Their memories are the mirrors with which we see and re-visit our pain and grief over and over again.

When I feel like it has been so long since I heard my child's voice, or felt his touch, or sensed his presence, I long for the mirror of his memories in order to see myself and realize that I am only human; that I lost the best part of myself when my child died. I need the mirror of his memories to realize there are times in which I will re-visit the pain and grief and that is okay, and that I may need to give myself permission to continue to grieve.

It is in grief that the memory of my child is my companion. I can find comfort in the “companionship” of the memories of my child.

Yes, the memories of our children are something beautiful and will last forever.

~ By Faye McCord in memory of my son, Lane McCord (1/26/65 - 9/13/98) ~ and in dedication and honor of all bereaved parents (Written 6/16/08)

Because

Because you can't feel me,
Doesn't mean I don't speak.
Because you can't see me,
Doesn't mean I'm gone.

Beth Oldani, bereaved sibling
TCF, Arlington Heights, IL



We are very excited to announce our first virtual conference. You are invited to The Compassionate Friends Annual Conference being presented virtually on July 31, 2020 - August 2, 2020.

You will have options to attend and enjoy:

- Over 80 workshop choices
 - Keynote presentations
 - Virtual silent auction
 - Sharing circles
 - Evening performance
- Candle Lighting Ceremony
 - And more!

The conference focuses on specific support for bereaved parents, siblings, and grandparents while also offering overall grief support and resources.

Join us for some needed connection, community, support, and renewed hope during these challenging times.



For more information and to register,

<https://web.cvent.com/event/92043c90-aab7-49dc-bcf3-22d2f01de9f9/regProcessStep1?i=rCdxA-AGb0Sk5i64F3xzxQ>.



Sincerely,

The Compassionate Friends Virtual Conference Team

The Boys and Girls of Summer

The boys and girls of summer,
No longer in our sight -
Those sun-kissed happy faces
Now fill our dreams at night.

Long years ago they played and swam,
Their laughter echoed along the lake.
Fishing, camping and firelight talks,
Youthful dreams of the life they'd make.

Those boys and girls of summer,
Now swim on a distant shore.
The memory of their faces,
Bring summer's joy to the fore.

Boys and girls of another time,
Now crowd the sands at the lake.
Laughing, splashing, in sun and spray,
Unaware of hearts that watch and ache.

~Arleen Simmonds
TCF/Kamloops, British Columbia
In memory of Arleen & Roy's son, Kenneth Simmonds
October 30, 1964 - August 11, 1988

Lovingly lifted from Bereaved Parents/USA -
Anne Arundel County chapter,
Maryland June 2003 newsletter at:
<http://www.aacounty-md-bereavedparents.org/>

LOVE GIFTS

Enclosed in a check in the amount of _____ to be used as follows (check all that apply):

In loving memory of _____

In honor of _____

Sponsor the newsletter for _____ month) (\$25 pays ½ monthly cost)

Pay for a book for the chapter's Lending Library _____

Check here to keep receiving the newsletter _____

It is important for our children to be remembered. Please understand that in order for your child to be included in the "special days" list each month in the newsletter, you must fill out this form that gives us permission to list this information. If you are making a donation please make the check payable to **The Compassionate Friends. Return to Tammie Barrera, 821 Roberts Road, Winthrop Harbor, IL. 60096** Julyson2@gmail.com

We welcome your comments and/or items submitted for use in the newsletter. Short articles, poems, or book reviews are always appreciated. Please include author of any written works. Send your items for the newsletter to Vicki Szech at vszech@comcast.net or 31023 Prairie Ridge Road, Libertyville, IL 60048.

The Compassionate Friends is a non-profit, self-help organization offering friendship and understanding to bereaved families. Its' mission is to assist them in the positive resolution of grief following the death of a child and to provide information and education to help others to be supportive
TCF National Office, P.O. Box 3696, Oak Brook, IL 60522 PH 877-969-0010 - Fax: 630-990-0246

The Compassionate Friends home page can be found at www.compassionatefriends.org

There are seven TCF Internet chat sessions weekly. To participate, visit the TCF home page and select the "Chat" button.

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